

Ambulatory EEG (AEEG)

What is an ambulatory EEG (AEEG)?

An EEG (electroencephalogram) records the electrical activity of the brain. It shows any irregular activity that may cause seizures. An AEEG is an extended, portable recording that lets us record the brain activity for 24 hours.

What should I do to get ready for the test?

Shampoo your hair the night before the test. Do not use any hairspray or gels. Please wear a shirt that buttons down the front to your appointment. Once the electrodes are attached, you will **not** be able to pull anything over your head.

Please report to the Neurology Clinic (4B-100) on the 4th floor, at your scheduled time.

How is the test done?

Small metal disks with thin wires, called electrodes, are attached to the scalp with Collodian (glue). The electrodes connect to a small portable recorder. It is attached to a strap that you can wear as a belt or a shoulder strap. While the electrodes are attached you will not be able to bathe, shower, or comb your hair; otherwise you will be able to carry out your normal routine.

What should I do after the test?

You will need to return to the EEG Lab the next day. On the day you are hooked-up the technician will discuss the best time for you to return to the clinic. The electrodes will be removed with Acetone. You may then return to all of your normal activities.

If you have any questions about this test, please call the Neurophysiology Laboratory at (612) 467-4265, Monday through Friday, between 7:30 a.m. and 4:00 p.m. If you call after hours, please leave a message and someone will call you back.

Content approval: Neurology Service

February 2001

Reviewed 2003, March 2005

Minneapolis VA Medical Center